

Herkimer County

Country Editor

October 18,
2019

Largest Circulation Publication in Herkimer County
Delivered Weekly by the U.S. Postal Service

Volume 9
Number 18

YOU SHALL WALK AFTER THE LORD YOUR GOD AND FEAR HIM, AND KEEP HIS COMMANDMENTS AND OBEY HIS VOICE;
YOU SHALL SERVE HIM AND HOLD FAST TO HIM. DEUTERONOMY 13:4

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Donna's Day: Creative family fun

by Donna Erickson

Felting autumn acorns is crafty fun for kids

Felting "acorns" using fluffy natural wool is a relaxing and enjoyable fall activity for all ages. It's especially suited for young children who like to get their hands in soapy water to shape and change the structure of the soft wool into dense felted wool balls.

The material used for making the soft balls is called wool roving, available at some craft stores, yarn shops or online (resources below). It is wool that has been cleaned, combed and sometimes dyed. You'll discover that the lovely colors are so inspiring; it's hard to choose favorites.

Use real caps from fallen acorns you've foraged from your yard or on nature walks for these stunning, artful creations. You'll be gluing the felted acorn balls to the caps. For a variation, drill two tiny holes through the acorn cap and thread a string for a felted acorn necklace, make an ornament to hang on a tree branch, or hang several in a windowsill. So many possibilities!

Here's the stuff you need for a 1-inch felted acorn:

- A piece of 2-inch-by-6-inch slightly stretched out wool roving
- Small bowl of hot water with a drop or two of liquid soap
- Hot glue gun or glue suitable for fabrics
- A large acorn cap

Here's the fun, using a hands-on "wet felting" technique:

1. Roll up the first inch or so of the wool, then twist slightly and continue rolling it into a tight ball. Smooth the loose end over the ball. It will be about the size of a large cotton ball, but will become half the size as fibers eventually mesh.

2. Wet the ball with the soapy water. Toss it back and forth from hand to hand over the bowl while occasionally dipping it in the soapy water. (The soap changes the pH of the wool and helps the fibers to open. The hotter the water, the faster it felts.) Be gentle, and continue rolling it around in your

hand. You might want to elongate the ball shape to match the original acorn size as you move it around.

3. Rinse the ball in cold clear water. Gently squeeze out water. Let dry overnight.

4. Glue acorn cap to the felted ball.

Note: If you wish to paint the acorn cap, do so before attaching to the felt ball.

Online resources: livingfelt.com and joann.com.

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Use real caps from fallen acorns you've foraged for these stunning, artful creations.

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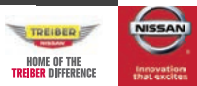
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by Keith Roach, M.D.

Chickenpox vs. shingles

Dear Dr. Roach: Do people who have never had chickenpox get shingles? – K.C.H.

Answer: Ninety-nine percent of people have had chickenpox and are at risk for shingles, and this includes most people who think they haven't had chickenpox. (Some cases are so mild that they go unrecognized.) But only people who have had chickenpox (or the vaccine, which is a weakened form of the live

To Your Good Health

virus) can get shingles. People who had the vaccine seem to be at lower risk of shingles than those who had the infection.

If the shingles vaccine technology can work for a chickenpox vaccine (and I see no reason it shouldn't), then it's possible we could see the end of chickenpox and of shingles forever, the way we were able to eliminate smallpox.

Dear Dr. Roach: Is there medical help or gene therapy to prevent excessive height? My niece is 6 feet, 1 inch tall and soon will marry a man who is 6 feet, 11 inches tall. Life was not always easy for her, as she was mocked at school. And he has had a daily life of "How's the weather up there?" Could they prevent their children from growing to such a height? – D.B.

Answer: No, there is no medical treatment to prevent excess height, and there is no medical reason to do so. Instead, I'd advise your niece and her fiancé to encourage their children to be comfortable how they are, no matter what their height, and to recognize that many of the comments they will hear are based on envy.

I'd especially recommend that if they happen to have a tall girl (if they do have a girl, one formula for predicting height would estimate her height at 6 feet, 4 inches), they encourage her to have excellent posture. I see too many tall women hunched over, as if trying to hide their height. There are good medical reasons to have an erect posture, especially for taller people.

Dear Dr. Roach: I recently was diagnosed with kidney cancer, and my wife is now getting treatment for breast cancer. Would cooking on a nonstick skillet have caused the cancers? My wife used one for quite some time. – B.R.

Answer: When someone is diagnosed with any serious disease, but especially with cancer, it is a human trait to think back on possible causes. We want to have as much control over our fate as possible. However, most cases of cancer occur without a specific risk (smoking cigarettes is the biggest exception). Cancer happens, among other reasons, when there is an error in replicating DNA, when we are hit by natural radiation or when something in our environment damages our DNA. There certainly are behaviors we can do to reduce cancer risk, but there is no way to entirely prevent cancer from occurring.

In the case of nonstick cookware, there is no increased risk. Workers who make nonstick coatings for pans or clothing are potentially at risk due to a chemical used in manufacturing called PFOA, but there is none of this (probably) carcinogenic chemical in the final product. Overheating a nonstick-coated pan can cause irritating, but not cancer-causing, chemical fumes.

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Fri., Oct. 18th – Sale held on the farm Gouverneur, NY. 11:00 AM. Complete Certified Organic Dairy Herd Dispersal. Pro-Cert Certified – Horizon Market. 80 cows mostly Holsteins and a few Crosses. This is a year around herd ave. right at 50#/cow now. 30 head due to calve in Nov. & Dec. Capitalize on the Fall & Winter Organic Premiums. SCC last six months 95 - 140,000!! Freestall housed & parlor milked. GPS address to farm: 1751 US Highway 11, Gouverneur, NY. Owners: Dave & Sue Parent 315-287-3680

Mon., Oct. 21st – Normal Monday Sale & Monthly Sheep, Lamb, Goat & Pig Sale. And we will be doing our Fall Roundup Beef Sale. 35 Angus Brood Cows, 6 Angus cows w/calves and a few yearlings. A group of Grassfed Hereford X consisting of 12 steers & 2 heifers 300#-400#. 25 head of Hereford and Hereford Cross feeders from one farm. 30 mixed feeders heifers and bulls and Beef Cows from one farm. Several other groups expected also. Call with your group to advertise it makes a difference.

Sat., Oct. 26th – **Fall Premier All Breed Sale** – 100 head of Registered All Breed Cattle Sell. Watch for another outstanding group from Hadlock Dairy, and some other great consignments from Carpsdale, Fantasy-Found, Gaige Farms, Morrill, Sunny Acres, Barringer Farm, Wisbee, Locust-Vale, J&E Weissmann, Shonedale, Roseland Holsteins, plus many more. Call today to get into the advertising.

Mon., Oct. 28th – Normal Monday Sale & Monthly Organic Day. Certified Organic Dairy sells consisting of 59 head total. 26 milking age cows in all stages of lactation, 9 bred heifers and 24 open. This herd consist of mostly Holsteins and a few crosses. This herd is not being pushed for production and is PCO Certified. Also another group of Certified Organic Jersey heifers from one farm 8 yr/ls & 8 young heifers sire and birthdates will be announced.

Mon., Nov. 4th – Normal Monday Sale & Monthly Fat Cow & Feeder Sale

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View offering six-week intro to wheel pottery class

OLD FORGE – View, the center for arts and culture located in Old Forge, will offer a six-week class, "Intro to Wheel" with Marie Imundo, starting Oct. 28. The class will run each Monday from 6 - 9 p.m. through Dec. 2.

This will be a perfect class for those individuals who have never taken a pottery class before or for potters who want to take their skills to the next level. Wheel, as well as hand building techniques, will be introduced.

The class is \$185 for non-members and \$160 for View members. Eighteen pottery tickets are included in the class price. The deadline for registration is Saturday, Oct. 26.

To learn more about View programming, visit ViewArts.org or call 315.369.6411. View is located at 3273 State Route 28 in Old Forge.

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Herkimer County Country Editor

Published weekly on Friday by Lee Newspapers
6113 St. Hwy. 5, Palatine Bridge, NY 13428

Publisher, President **Frederick W. Lee**
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Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

October 17-19

Rummage Sale & Bake Sale at Cold Brook United Methodist Church, 467 Main St. (Rt. 8), Cold Brook.

October 18

"Fabulous and Fatal" Murder Mystery Dinner. Doors open 5:30 p.m. Dinner 6:30 p.m. At the Little Falls Travelodge. Benefit the Herkimer County Historical Society. \$30. Tickets can be purchased in advance at the Historical Society, located at 406 N. Main St., Herkimer, NY, open Monday-Friday, 10 a.m. - 4 p.m., or call 315.866.6413.

October 19

"I Got It" game at The Little Falls American Legion Post #31 from 4-6 p.m. Info at 315.823.9862

Sup and Sandwich Luncheon and Bake Sale. 11 a.m.-2 p.m. Grace Church Parish Hall, 9 E. Main St., Mohawk.

2nd Annual Taste of the Valley 1 to 4 p.m. at the St. Francis diPaola Club, 152 Eighth Avenue, Frankfort. Event to raise funds for the ongoing renovation of the Frankfort Free Library. \$5 per person. Various baskets, gift certificates, a quilt and other items will be raffled.

Homemade Polish Food Sale. Holy Spirit Polish National Catholic Church, 618 Gansevoort Street, Little Falls. 10 a.m. until sold out. Golabki - ready to heat and eat. Pierogi - frozen by the dozen. Pre-orders appreciated. Call John and Janice Rogers at 315.429.9314. Visit www.HolySpiritPNCC.org

Evening at the Tavern 4 - 7 p.m. 1747 Nellis Tavern, Rt. 5, St. Johnsville. \$20. Beer, soup, dessert and music. Reservations: 518.568.2997. Fundraiser.

October 20

Spooktacular Vendor Bazaar. Cancelled.

Community Blessing & Healing Service 6:30 p.m. at Salisbury Center United Methodist Church. If you have any questions, call 315.429.9085.

October 23

Mohawk Valley Economic Development District, Inc. (MVEDD)

outreach meeting on its Comprehensive Economic Development Strategy (CEDS) 1 p.m. at Mohawk Valley Economic Development District, Inc. (MVEDD), 26 West Main Street, Mohawk, NY. Annual update meeting. RSVP is appreciated but not required. Contact Mohawk Valley Economic Development District, Inc. at 315.866.4671.

October 26

Early Bird Dinner at The Little Falls American Legion Post #31 from 4-7 p.m. Spaghetti, meatball or sausage, salad, bread, dessert. Paid up members with a guest only. Guest \$6 each. Info at 315.823.9862.

October 26 1834 Herkimer County Jail in Herkimer has had famous inmates like the Adirondack Tragedy's Chester Gillette and the last woman to be hanged in New York State, Roxalana Druse. **Paranormal investigation with members of the "New York Shadow Chasers"** will be two sessions of 6-7:30 p.m. and 8-9:30 p.m. limited to 30 people each. \$20 per person. Tickets requested in advance at Herkimer County Historical Society or call Katie Nichols at 315.866.1563. Fundraiser for the "Friends of Historic Herkimer County."

Roast Beef Dinner Buffet - Annual Poland Vol. Fire Co. Auxiliary Dinner. Poland Firehouse, 216 Main St., Cold Brook. Handicap accessible. For take-outs, call 315.826.7141. New this year — Basket Raffle.

Haunted Investigation - NY Shadow Chasers Benefit "Save 1834 Jail" 6-7:30 and 8-9:30 a.m. Tickets \$20. Any questions, call Katie Nichols 315.867.5036 or email: Knichols47@aol.com or Friends1834@aol.com — Friends of Historic Herkimer County.

October 26,

November 13 and 14

Arc Herkimer Autism Workshops. Life Skills for Transitioning Adults Workshop Oct. 26 9 a.m. - noon at Herkimer BOCES, 352 Gros Blvd. Herkimer. Personal Technology Supports Workshops Nov. 13 7 - 8:30 p.m. at Arc Herkimer, 350 S. Washington St., Herkimer, Nov. 14 10 - 11:30 a.m. Arc Herkimer, 350 S. Washington St., Herkimer. Learn more at: <http://www.archerkimer.org/>.

November 1

Stratford Methodist Church Roast Pork Dinner 4 p.m. \$10 - Adults. \$5 - Children. Proceeds to benefit Operation Christmas Child.

November 2

Octoberfest dinner at The Little Falls American Legion Post #31 from 4-7 p.m. Your choice of two different German meals with all the fixins. Tickets are \$15 each and available at the post home. Info at 315.823.9862.

2019 Rabies Vaccination Clinic. 10 a.m. -12 p.m. East Herkimer Fire Department, 193 Main Rd., East Herkimer. To pre-register for a clinic please call 315.867.1176.

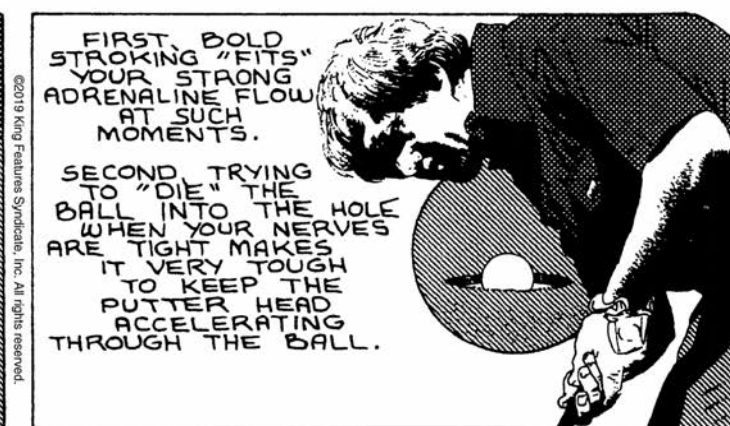
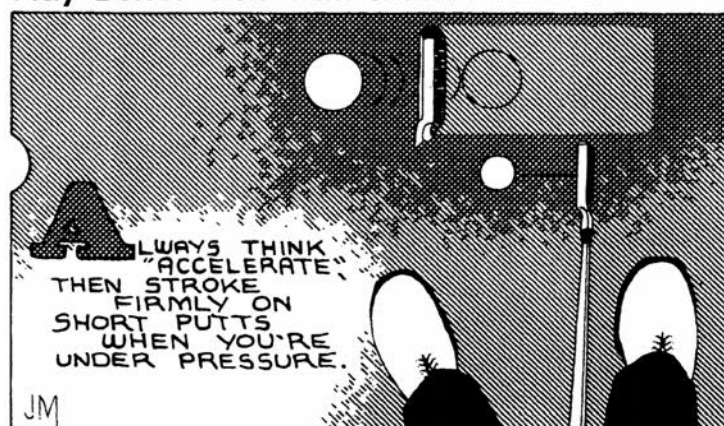
The Sullivan-Clinton Campaign Against the Iroquois, 1779 - Symposium 8 a.m. - 4 p.m. at Fulton-Montgomery Community College, 2805 NY-67, Johnstown. Pre-registration recommended. Walk-ins welcomed. \$50 advance registration. \$60 at the door. Students \$30. Includes lunch and refreshment. To register, send an email to fortplainmuseum@yahoo.com with your name, phone number, email address, city and state. You can also register by phone, 518.774.5669. Visit www.fortplainmuseum.com for details.

Morning Star United Methodist Church Annual Christmas Carousels from 9 a.m.-3 p.m. at the Morning Star Church, 36 Second St. Ilion. For information please call Barbara Horwald 315.894.4520.

Annual Roast Beef Dinner 4-6 p.m. at Ilion First Baptist Church, 8 Second St., Ilion. Adults \$11. Children (5-12) \$5. Tickets may be purchased at the door or are available from any church member or call the Church Office at 315.894.9041.

Annual Harvest Dinner. Held in the Benes Hall. Mohawk Reformed Church, 20 South Otsego Street, Mohawk, NY. Serving 4 to 7 p.m. Adults \$12, Children (6-12) \$6. Children 5 and under free. Tickets available. Come early and check out our Gift Baskets. Contact 315.866.4292 or mrcoffice@verizon.net.

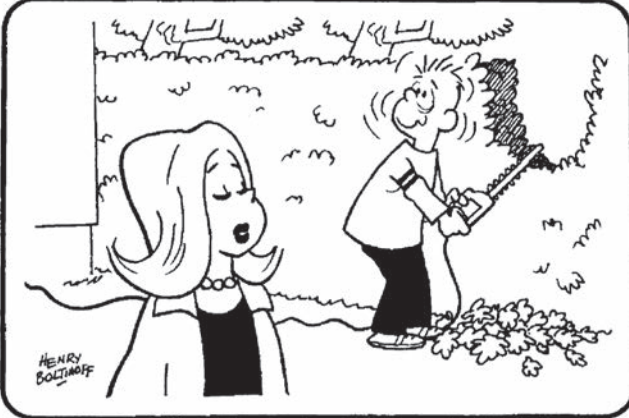
Play Better Golf with JACK NICKLAUS



HOCUS-FOCUS

BY
HENRY BOLTINOFF

Find at least six differences in details between panels.



Differences: 1. Tree is added. 2. Saw blade is shorter. 3. Bricks are missing. 4. Dress's neckline is different. 5. House is wider. 6. Man's hair is different.

Weekly SUDOKU

by Linda Thistle

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 6 | | 1 | | | | 9 | |
| | | 9 | | 4 | | | | 3 |
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| | | 8 | 6 | | | | 4 | |
| 5 | | | | | 7 | | 6 | |
| | | 7 | 5 | | | 3 | | |
| | 2 | | | 9 | | | | 7 |

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

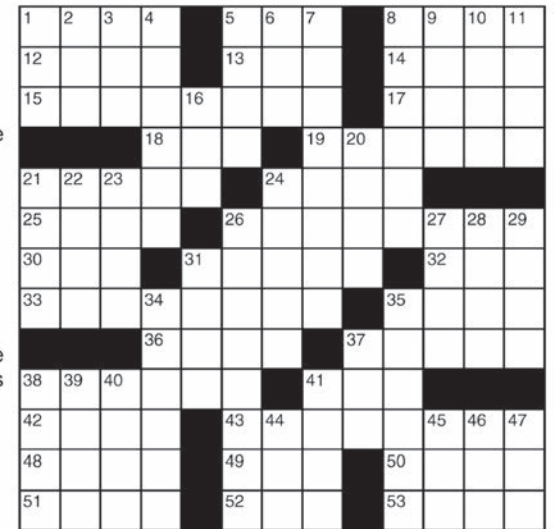
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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King Crossword

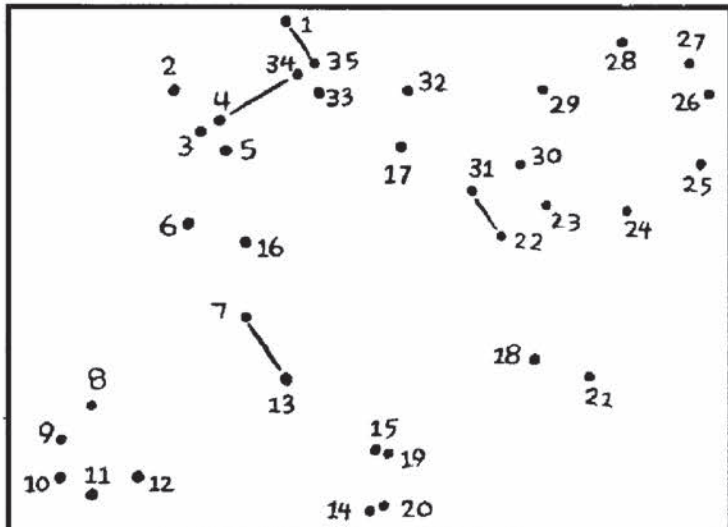
ACROSS

- 1 Bar order
5 Stick out
8 String tie
12 Incite
13 Blonde shade
14 Disney's "— and the Detectives"
15 O or W
17 Even, as a score
18 "— Abner"
19 Gap
21 Charley horse
24 Military status
25 Tatters
26 Quite attractive
30 Past
31 Paycheck extra
32 Altar affirmative
33 Artist Rene
35 Topped
36 Commotions
37 Jaunty cha-
peau
38 Tray
41 Help
42 Neighborhood
43 Mississippi
flower
48 "The View"
alumna Lisa
49 Gorilla
50 St. Louis



- team
51 Shakespeare's shrew
52 Bow the head
53 Pumps up the volume
8 Cause to go
9 Leave out
10 Stead
11 Automaker
16 Speed
20 Hostels
21 Study at the last minute
22 Sitarist's offering
23 Enthusiastic
24 Carries on
26 Subway employee
27 Layer
28 Between jobs
29 Filly's brother
31 Wait
34 Devastate
35 Indy Jones' hat
37 Crib
38 Polio vaccine pioneer
39 Met melody
40 Fasting period
41 On in years
44 Mil. address
45 Felon's flight
46 Little devil
47 Fool

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CONNECT THE DOTS to solve this riddle!

"He wears a hat stuck on his neck.
Because he has no head;
And many a time his hat comes off
When we are sick in bed."

Answer: A bottle of medicine.

THINK ROMAN! As you can see, this Roman numeral equation is incorrect. Can you fix it by moving one of the sticks to a new position?

Answer: Take one stick from the "equal" sign and place it over the "minus" sign. The equation now reads: IV = VI - II or 4 = 6 - 2.

$$IV - VI = II$$

SEE IF YOU CAN STAR IN THIS "WORD EPIC"! Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

1. Belongs to animals.
2. Interval between events.
3. Pointed tools.
4. Area in a building.

GRID A

| | | | |
|---|---|---|---|
| F | | | |
| | I | | |
| | | L | |
| | | | M |

GRID B

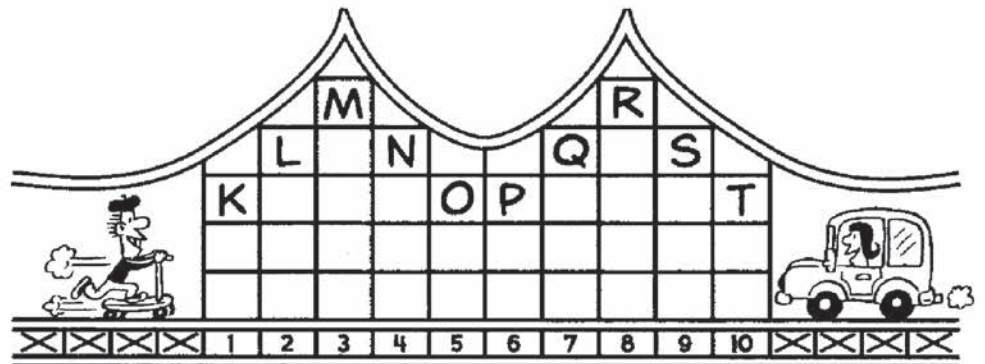
| | | | |
|---|---|---|---|
| S | | | |
| | T | | |
| | | A | |
| | | | R |

1. Found at the shore.
2. A short written piece.
3. A cabbage salad.
4. To secure with ropes.

Answers: 1. Furs-surf. 2. Time-item. 3. Awls-slaw. 4. Room-moor.

Junior Whirl

by Charles Barry Townsend



A WORD BRIDGE! The bridge above contains 10 supporting words. We give you the first letter of each word, plus plenty of hints.

1. A set of related articles.
2. A den or hideaway.
3. A mansion.
4. Type of salamander.
5. Unit of electrical resistance.
6. Type of wooden fastener.
7. Type of knowledge testing.
8. Airplane detector.
9. A fraudulent business scheme.
10. A fancy dinner jacket.

Answers: 1. Kit. 2. Lair. 3. Manor. 4. Newt. 5. Ohm. 6. Peg. 7. Quiz. 8. Radar. 9. Scam. 10. Tux.

Fall programs at the Herkimer County Soil and Water Conservation

Barley straw
Excessive algae growth is one of the most common problems in ponds. Barley straw is used to control pond algae by inhibiting the growth of new algae. Large quantities of algae can be harmful for livestock consumption and can also cause severe winter fish kills as oxygen is depleted during decomposition of algae blooms in the fall. Less oxygen will then be available to fish over those crucial winter months when the water is turned to ice and covered with snow.
Fall and spring applications are recommended as water temperatures between 50 and 55 degrees are needed for bar-

ley straw to be effective. The recommended application rate is six bales per surface acre.
Bluebird nesting boxes
The future of eastern bluebirds has been of great concern. Until recently, populations have shrunk over the last few decades. Two reasons why bluebird populations have declined are habitat destruction and competition.
The most effective measure that has been implemented to protect eastern bluebirds has been the introduction of nest boxes in good nesting habitat. They have been quite successful in providing nesting places for eastern bluebirds.
You should put up your nest-

ing box in the fall. Bluebirds start looking for breeding, nesting boxes mid-February at the earliest and into June at the latest. Nesting boxes should be located in an open space such as a large lawn or an orchard away from houses, barns and thick clumps of tress. They can be placed on fence posts, garden U-posts and metal posts at least three feet above the ground. A box mounted 4 to 5 feet high is ideal.
Rain barrels
A rain barrel collects and stores rainwater from rooftops to use later for watering plants and gardens. Water collected in a rain barrel would normally pour off your roof directly or

flow through roof gutter downspouts and become storm water runoff. Depending on your yard, this runoff can travel onto paved surfaces and eventually into a storm drain.
Rain barrels conserve water and help lower costs. They can save approximately 1,300 gallons of water during peak summer months. Rain barrels also reduce water pollution by reducing storm water runoff, which can contain pollutants like sediment, oil, grease, bacteria and nutrients.
Because residential irrigation can account for up to 40% of domestic water consumption, water conservation measures such as rain barrels can be

used to reduce the demand on the municipal water system or your homes' personal well. During a storm, even a light one, it doesn't take much time for a rain barrel to fill with enough water for your lawn and plants to thrive. We have 55 gallon barrels available for purchase.
The Herkimer County Soil and Water Conservation District is currently taking orders for barley straw, bluebird nesting boxes and rain barrels until Oct. 25. The pickup date is Oct. 30, between 8 a.m. and 12 noon.
To receive an order form, please visit our website at www.herkimercountyswcd.com or contact our office at 315.866.2520 ext. 5.

Paw's Corner

by Sam Mazzotta
Why is exam required for pet euthanasia?
Dear Paw's Corner: My sweet dog Bertie has advanced cancer and is suffering greatly, and so I will soon have to make the sad decision to put him to sleep. After talking with his veterinarian, I was left wondering: Why does an examination need to be performed by the vet before an animal is euthanized? – Devoted Doggie Mom in New Hampshire
Dear Devoted: I'm so sorry to hear

about Bertie's illness and that he must leave you soon. And I'm glad that you're carefully planning the process so that his exit will be peaceful.
The exam the vet may have referred to is not the same as an exam performed on a healthy pet. Rather, when a pet is very ill and euthanasia is being considered, the vet will do an evaluation and decide if it's time to recommend euthanasia, or if the pet still has a good quality of life for several weeks or months to come.

"There is not one perfect moment in time in which to make that ultimate choice," said veterinary hospice service Lap of Love. Vets will evaluate pets on the scheduled day of euthanasia, and they may refuse to perform it if they believe it isn't yet necessary.
Putting pets to sleep is tough on veterinarians too, and many struggle to talk with their patients about it as it causes them as much anxiety and sad-

ness as it does for pet owners. This can sometimes lead to communication issues and misunderstandings. That may be the case here.
I recommend calling the vet's office to go over the process again and learn more about what the exam entails. A well-trained staff will answer your questions with compassion and professionalism.
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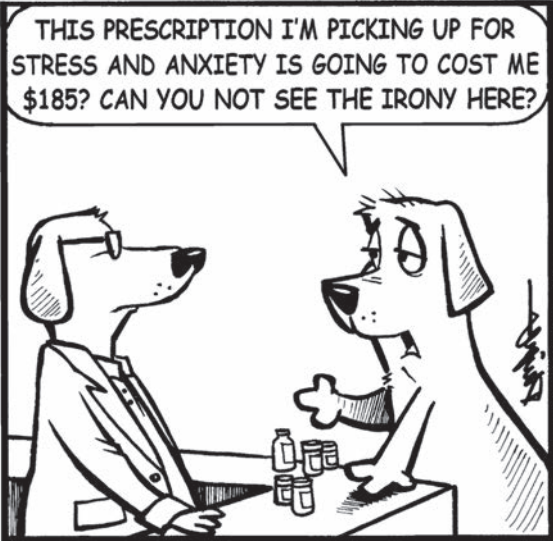
King Crossword — Weekly SUDOKU —
Answers Answer

Solution time: 21 mins.

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | E | E | R | | J | U | T | | B | O | L | O |
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| | | | A | D | O | S | | B | E | R | E | T |
| S | A | L | V | E | R | | A | I | D | | | |
| A | R | E | A | | M | A | G | N | O | L | I | A |
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| K | A | T | E | | N | O | D | | A | M | P | S |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 6 | 2 | 1 | 3 | 5 | 8 | 9 | 4 |
| 8 | 5 | 9 | 7 | 4 | 6 | 1 | 2 | 3 |
| 4 | 3 | 1 | 9 | 8 | 2 | 5 | 7 | 6 |
| 3 | 7 | 4 | 2 | 5 | 9 | 6 | 1 | 8 |
| 6 | 1 | 5 | 8 | 7 | 4 | 2 | 3 | 9 |
| 2 | 9 | 8 | 6 | 1 | 3 | 7 | 4 | 5 |
| 5 | 8 | 3 | 4 | 2 | 7 | 9 | 6 | 1 |
| 9 | 4 | 7 | 5 | 6 | 1 | 3 | 8 | 2 |
| 1 | 2 | 6 | 3 | 9 | 8 | 4 | 5 | 7 |

Just Like Cats & Dogs by Dave T. Phipps



Americanisms



"In the entire circle of the year there are no days so delightful as those of a fine October."
– Alexander Smith



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Third annual Farming Your Future creates student excitement about agriculture careers

As students made their way among exhibitors at the third annual Farming Your Future, chatter filled the air from students talking to the presenters or to each other about everything from what they were learning to how the samples of cheese tasted.

That type of important student engagement makes itself clear right away, Herkimer County Legislator Greg Malta Sr. said, during Farming Your Future.

"No matter what event you go to, you can tell if it's going to be worthwhile because you can hear the buzz, the excitement," he said. "They're outside. They're getting fresh air. It's great."

About 700 students from more than 20

school districts and BOCES programs visited about 40 exhibitors, watched demonstrations and heard from guest speakers during the third annual Farming Your Future on Friday, Oct. 4 at the Herkimer County Fairgrounds.

The Herkimer-Fulton-Hamilton-Otsego BOCES School to Careers program and STC Agriculture Committee organization with Oneida-Herkimer-Madison BOCES and Madison-Oneida BOCES.

Farming Your Future is an opportunity for students in grades 7-9 in the three-BOCES region to explore careers in agriculture. Students learn about jobs in the agriculture field and interact with local

professionals in the industry through hands-on exhibits, presentations, guest speakers, live animals and more.

Herkimer BOCES would like to thank all of the exhibitors, speakers, sponsors, student volunteers, other volunteers, attending students, government guests and more for their support of Farming Your Future.

'An exciting moment'

Farming Your Future opened with guest speakers starting with comments from Herkimer BOCES School to Careers liaison and work-based learning coordinator MaryBeth Napolitano and state Assemblywoman Marianne Buttenschon.

Buttenschon also read a letter from Gov. Andrew Cuomo.

"It is a pleasure to send greetings to everyone gathered for Farming Your Future," Cuomo wrote in the letter. "I'm always proud to see events like these happening in our communities. Today marks an exciting moment for BOCES, as this event will provide students with

the opportunity to explore careers in agriculture, paving the way for them to become valued members of their communities. I thank Herkimer-Fulton-Hamilton-Otsego BOCES, Madison-Oneida BOCES and Oneida-Herkimer-Madison BOCES, and all who made this day possible for your ongoing exemplary commitment to empowering the success of our future leaders. With warmest regards and best wishes for an enjoyable, productive day."

The opening speeches were then given in front of all students. Dave Lamouret, a consultant for the first net-energy-zero farm in New York state, was the career keynote speaker and talked about his experiences in agriculture. Carly Curtis, a senior at Mount Markham and president of the Mount Markham FFA, was the FFA student speaker and talked about attending a leadership conference for FFA members in Washington, D.C.

Curtis said she hopes all students to

FARMING 11



Westmoreland seventh graders James Gleason (left) and Andrew Holzhauer (right) look at a beehive from Ford's Honey Farm during the third annual Farming Your Future on Oct. 4.

Photos courtesy of Herkimer BOCES

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FARMING from 10

experience the conference some day because it was great.

“It truly changed my life,” she said. “This conference meant everything to me.”

Later, Curtis said her interest in agriculture came from having a grandfather, grandmother and father who were farmers. When her grandfather passed away, her desire to be in agriculture increased.

“Everything that he did, I wanted to represent,” she said.

While agriculture has a large variety of career paths, it’s important to keep people interested in farming still too, Curtis said.

“Farming is a dying industry, and it can’t be because without farmers, you can’t have food on your table,” she said.

‘excellent opportunity for students to learn about agriculture’

Following the speeches, students spent the majority of the day visiting the exhibitors at Farming Your Future. Stu-

dents learned about agriculture careers in fields including technology and equipment, agriculture and forestry, plant science, agribusiness, end products and animal care and livestock. The event ended with lunch, along with animal and drone demonstrations.

Napolitano said Farming Your Future shows students there are a large a variety of career options in agriculture.

Amy Langner, soil scientist for the Natural Resources Conservation Service, of the U.S. Department of Agriculture, was one of the exhibitors.

“When I asked them, most of them hadn’t heard about a soil scientist, and I didn’t when I was little,” she said. “And we need them.”

Lagner said she talked to students about how soil scientists working with organic material and carbon in soil can mitigate climate change.

FARMING 12



State Assemblyman Brian Miller speaks to exhibitor Amy Langner, soil scientist for the Natural Resources Conservation Service of the USDA, during the Farming Your Future event.

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(L - R) Stockbridge Valley students Alina Voyku, Summer Boronow, Abby Fisher and Nick Smith pour water at an exhibit by Amy Langner, soil scientist for the Natural Resources Conservation Service during Farming Your Future.

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Tire maintenance keeps drivers safe

Maintaining tires is an important component of safe driving. Tires are some of the hardest working parts on a car or truck and are subjected to wear and tear every time rubber meets the road.

Tires affect many components of driving, including handling, braking and the comfort of the ride. Maintaining tires makes driving safe not only for drivers and their passengers, but also for fellow motorists.

The National Highway Traffic Safety Administration says that in 2017, 738 fatalities occurred because of tire-related crashes. Many of those crashes were no doubt preventable, and that only highlights the importance of maintaining tires and monitoring their performance.

Poor tire maintenance can lead to pre-

mature wear and potentially result in a blowout. The automotive group AAA notes it is important to visually inspect tires as often as possible. Drivers should look for overall tread wear. Pay special attention to tread wear on one edge of the tires, which could indicate poor alignment. Erratic tread wear may mean tires are out of balance.

Drivers also should pay attention to how their cars drive and sounds. Unusual vibration or thumping noises suggest issues with the tires. A car that pulls in one direction also may be experiencing tire problems.

Vehicle owners should be aware of the routine maintenance steps that can keep them safe and improve the life expectancy of tires.

• **Tire pressure:** The NHTSA says only 19% of consumers properly check and inflate their tires. Keeping tires properly inflated is one of the most important steps to maintaining them. Tires lose around 1 psi per month, and underinflated or overinflated tires can contribute to unusual wear, blowouts and even excessive fuel consumption.

• **Rotation:** Check the owner's manual or recommendations from the tire manufacturer, but know that most mechanics advise having tires rotated every 5,000 to 8,000 miles. Rotation helps distribute wear more evenly on tires.

• **Balancing:** AAA says balancing also helps minimize uneven wear and tear. Balanced tires are achieved by using small weights attached to the wheels to

limit vibration of the tire and wheels as they turn. New tires should be balanced, and tires also should be balanced after one or more is removed to repair a puncture.

• **Alignment:** Vehicles have wheel alignment measurements that pertain to manufacturers' specifications. Alignment that falls outside of the range can impact handling, fuel economy and tread wear. A drift or pull suggests alignment problems and should be addressed.

Vehicle owners should keep tire inspection and maintenance in mind as part of their overall car care plan.

FARMING from 11

She thought it was a great event overall.

"It's an excellent opportunity for students to learn about agriculture," she said.

'A great learning experience'

Frankfort-Schuyler seventh-graders Tori Helmer, Philip Tangorra and Cameron Gonyea were petting cows from Double S Farm during Farming Your Future.

The cows were Tori's favorite part of the event, which she enjoyed in general.

"I think it's a lot of fun," she said. "It's a great learning experience."

Tori said one thing she didn't know before was that banks work with farmers to help them, and Philip said he learned how involved drones are with agriculture and flying over crop fields.

"I didn't realize that they surveyed everything like that," Philip said.

It's excited that students get to actually meet agriculture professionals at Farming Your Future and learn about what they do and how they do it.

"So if we ever get the feeling to do it, we can have an opportunity to," he said.

Philip said the drones were his favorite part of the event, and he would recommend Farming Your Future to other students.

Local, state and federal officials attended Farming Your Future and expressed their support for the

event. Some of the attendees included Buttenschon, state Assemblyman Brian Miller, state Assemblyman John Salka, state Assemblyman Robert Smullen, U.S. Rep. Anthony Brindisi's district director Sarah

Bormann, Herkimer and Oneida County Legislators and Richfield Springs Town Planning Board member Dan Sullivan.

ATTENTION MANE STREAM SUBSCRIBERS

Mane Stream will no longer be published after the September Issue. It will now be included in Country Folks once a month as a special horse section. The Mane Stream Horse Section will go in the first issue of every month, in all 4-Zones; Country Folks East NY, West NY, New England and the Mid-Atlantic.



GIDDYUPDATE!

You Can Still Subscribe to our weekly E-Newsletter, GiddyUpdate!

And... Good News! Columns by our writers Lynn Palm "Palm Partnership" and George Peters "From the Ranch" will now be available in our newsletter each month!

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by Terry and Kim Kovel

Game boards

Antique handmade game boards are popular as decorations in homes filled with folk art. Most are for chess or checkers, and the square boards look important in a group on the wall. But there also are game boards that are other shapes. The game "Pope Joan" was popular in the 18th century and still is popular in some countries. The rules for the game first appeared in Hoyle's rule book in 1826. Three to eight people may play on a circular board with eight round "wells" surrounding a center well that holds game pieces. Four picture cards, plus four others called Matrimony, Pope, Intrigue and Game, were used. The winner was the player who ran out of cards first. An elaborate Pope Joan board was sold at a James D. Julia auction a few years ago for \$1,000. The board is 12 1/2 inches in diameter and was made from a cut-out wooden circle and painted green and red. Playing cards were painted around the center well.

Look for other game boards, even printed ones with interesting graphics, from the 1930s and after. Do not hang them in the sun because printing, especially from the 1940s and '50s, will fade to blue.

Q: I bought a Roseville pedestal in the Moss pattern for \$8 at a Goodwill store, and I'm trying to get an idea of its worth.

A: Roseville Pottery Company was in business from 1890 to 1954. It started in Roseville, Ohio. Another plant was opened in Zanesville, Ohio, in 1898. Moss pattern was introduced in 1936 and was made in Coral, Russet and Sapphire. A Moss pedestal with matching jardiniere would sell for about \$800 to \$1,000. Pedestals without the jardiniere don't sell well and are worth under \$200.

Q: My copper teakettle got overheated on the stove, the water boiled away, and the spout came off. Is this something that can be repaired?

A: Yes, the spout can be soldered back on. It can be difficult, since copper spreads the heat and the spout must be held firmly in place until the solder sets. Don't use lead-based solder, since the lead will leach into the boiling water when you use the kettle. A metalsmith will be able to repair the teakettle and can tell you how much it will cost in advance. If it is not a valuable antique, you may decide to just buy a new kettle.

Current prices

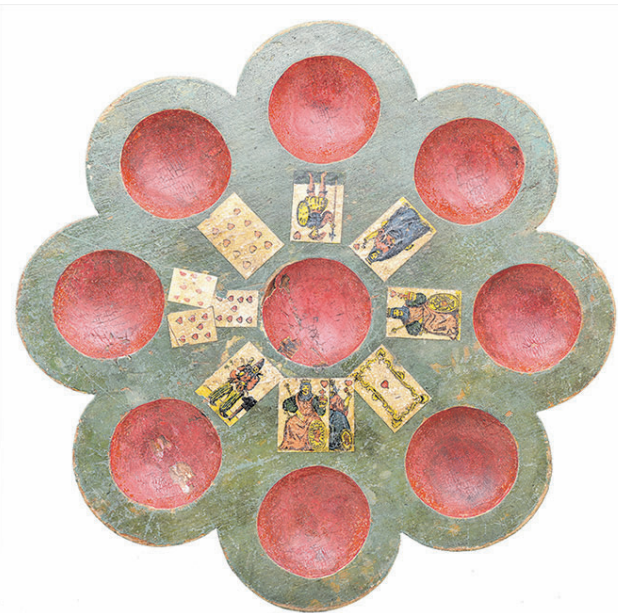
- World's Fair needle case, 1892, Chicago, Columbian expo, barrel shape, 2 inches, \$70.
- Cinnabar box, round, lidded, fruit, insects, leaves, vines, 5 x 2 1/2 inches, \$125.
- Coronation cup, Czar Nicholas II, enamel, crest, red, blue, 1896, 4 inches, \$285.
- Dresser, pine, stained, three banks of nine draw-

ers, turned knobs, 33 x 84 inches, \$375.

Tip: To clean wax from glass candlesticks, scrape with a wooden stick, then wash off the remaining wax with rubbing alcohol.

For more collecting news, tips and resources, visit www.Kovels.com

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This elaborate Pope Joan game board is carved from wood and painted. It sold for \$1,000 at a James D. Julia auction in Maine.

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These treats are staples of Halloween celebrations

Kids can't celebrate Halloween without asking neighbors "Trick or treat?" Pranks might be part and parcel of Halloween, but treats are what many goblins and ghouls anticipate the most come Oct. 31.

Youngsters are not the only ones who look forward to the sweets that are synonymous with Halloween. Adults also indulge their sweet teeth on Halloween. The following are some treats that simply must be part of all the fiendish festivities this Halloween.

- **Candy:** The National Confectioners Association estimated that in 2018 Halloween would generate \$9 billion in candy sales. In fact, the NCA notes that Halloween, despite being just a single day, accounts for about 8% of annual confectionary sales. To say that trick-or-treaters and other Halloween celebrants would be disappointed if candy was not part of Halloween celebrations would be an understatement.

- **Chocolate:** Chocolate often finds its way into candy bars, but chocolate also can stand on its own, especially on Halloween. In its U.S. Food Market Outlook 2018 report, the market research firm Packaged Facts found that the Halloween season is the fourth most lucrative season of the year for chocolate sales. Celebrants who don't have any chocolate to offer this Halloween may find themselves on the receiving end of a few tricks.

- **Candied apples:** Each Halloween, candied apples reappear. Though rarely seen throughout the rest of the year, candied apples are perhaps an ideal treat for Halloween, which occurs right in the heart of apple-picking season.

- **Pumpkin seeds:** Carving jack-o'-lanterns is a beloved Halloween tradition in many households. If yours is a home where pumpkin seeds are typically discarded, this



Food is a big part of Halloween, and certain items simply must be a part of the culinary experience on this beloved holiday.

year you can consider making better use of them by eating them. Pumpkin seeds are great sources of fiber, and the World Health Organization notes that they have long been a great source of zinc. Roasted

pumpkin seeds make for a great and nutritious snack when turning ordinary pumpkins into scary jack-o'-lanterns.

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Drive defensively during disasters

Wearing your seatbelt and driving defensively are always essential on the road. But during a disaster, that may not be enough. Stay informed and plan ahead to protect yourself and others when driving in a disaster, especially in extreme weather conditions. Disasters can happen with little warning and being prepared can help ensure safe travel.

Keep up-to-date maps in your vehicle with evacuation routes and nearby shelters listed in case of an emergency.

"Tune your radio into your local news station for updates. Consider signing up for the NYAlert at www.nyalert.gov for free weather and traffic updates. The alerts can be texted to your phone or sent as a phone message or email," said Diane Ward, CHN of Herkimer County Public Health.

Be aware of disasters that are common in your area as well as your destination. Learn when it may be necessary to abandon your vehicle and seek better protection. The following safety tips will help you know what to do if disaster strikes while driving.

Earthquakes: Stay IN the car and park out of the way of danger. Stay far away from trees, overpasses, telephone posts and other objects that can collapse on your car. Remain in your vehicle for the duration of the earthquake.

Extreme Heat: Stay OUT of the car. The temperature will rise quickly inside your vehicle and children especially can die from heat stroke in a matter of minutes. Never leave children, senior citizens or pets in a car on a hot day, even if the windows are rolled down.

Floods: Get OUT of the car and walk to higher ground. As little as six inches of water can reach the bottom of your car and cause it to stall. As little as two feet of moving water can carry away your vehicle.

Hurricane: Get OUT of the car quickly. Flooding can begin long before the hurricane arrives. Water can be deeper than it appears and will rise quickly.

Landslides: Stay IN the car and drive out of the landslide's path immediately. Be on the alert for cracked pavement, fallen rocks, etc.

Tornadoes: Get OUT of the car. Take your map with you and head to the nearest shelter, gully or ditch by foot (avoid trees and other vehicles).

Wildfires: Stay IN the car and drive very slowly with headlights on, windows and vents closed. In heavy smoke, do not continue to drive. Park away from trees and brush, leave your headlights on but the ignition off. Stay on the floor of your car covered with a blanket until the main fire passes.

Always keep a well-stocked emergency kit in your car. Stock it with jumper cables, maps, emergency flares, first aid supplies, flashlight, blankets, spare tire, battery-operated radio, cell phone charger, bottled water and non-perishable foods. If a disaster is expected in your area, have a full tank of gas and cash on hand in case of evacuation.

"When authorities declare it's safe to drive, be aware of downed power lines, cracked pavement or stop lights that are not working. Always listen to the radio when driving for the latest bulletins from the National Weather Service," Ward said.

To find local information you may also download from Google Play or the Apple Store the Herkimer County Office of Emergency Management app. This app has up to date information about weather events, along with other emergency situations, and you are able to also report damage to the Office of Emergency Management.

For more information on driving and disasters, visit cdc.gov, nyalert.gov or NOAA.gov.



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Mohawk Community Club donates \$500 to Mohawk Homestead

The Mohawk Community Club generously presented a check for \$500 to the Activities Department of the Mohawk Homestead. The money will be used for many of the activities the residents enjoy throughout the year.



(L - R) Dave Buckley, president; Mark Holleran, vice president; Chip Williams, treasurer; Elaine Mabry, Director of Activities; and residents.

Photo courtesy of the Mohawk Homestead



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The growing threat of diabetes

Diabetes diagnoses are on the rise, and the numbers are jaw dropping. According to the World Health Organization, the number of people with diabetes totaled 108 million in 1980. By 2017, the International Diabetes Foundation was reporting that figure had risen to 425 million adults, with estimates that it may be as high as 629 million by 2045.

Diabetes is not just a global health issue, but a financial concern as well. The IDF reported that diabetes caused at least \$727 billion in health expenditure in 2017.

Despite its prevalence and the financial toll it

takes on families across the globe, many people, including parents, admit they are in the dark about warning signs of diabetes. In fact, in 2018 researchers with the IDF released a report indicating that four in five parents have trouble recognizing the warning signs of diabetes. That can be detrimental to their own health as well as the health of their children.

The National Institute of Diabetes and Digestive and Kidney Diseases notes that symptoms of type 2 diabetes, which is the most common form of the disease, often develop slowly and can be so mild

that people do not notice them. However, people who notice any of the following symptoms should discuss them with their physicians immediately:

- Increased thirst and urination
- Increased hunger
- Fatigue
- Blurred vision
- Numbness or tingling in the feet or hands
- Sores that do not heal
- Unexplained weight loss

Parents who notice their children exhibiting any of the above-mentioned symptoms should ask their youngsters if they are feeling unusual in any other ways, as

kids may not think to report symptoms to their moms and dads. In addition, parents should call their children's pediatricians if they notice any symptoms that may be indicative of diabetes.

Much is still unknown about diabetes, including, in certain instances, its causes. For example, the NIDDK says that scientists think that type 1 diabetes is caused by genes and environmental factors, including viruses, that may trigger the disease. Research as to the potential causes of type 1 diabetes is ongoing.

Lifestyle factors and genes play a role in the formation of type 2 diabetes. For example, being overweight, obese and physically inactive are factors that increase a person's likelihood of being diagnosed with type 2 diabetes. Therefore, a healthy diet and routine exercise can be great ways for people to reduce their risk for type 2 diabetes. Insulin resistance, genes and family history are some additional factors that scientists have linked to type 2 diabetes.

Diabetes diagnoses are on the rise across the globe. More information about diabetes is available at niddk.nih.gov.



A nutritious diet can help people maintain healthy weights, potentially lowering their risk for diabetes as a result.

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Apple Noodle Pudding

Autumn is that wonderful time of the year when Oktoberfest – the traditional German festival centered on food, music and fun – takes place. If you put on a polka record and share this dish with friends, you'll see why these festivals are so much fun!

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 2/3 cup nonfat dry milk powder
- 1 cup water

- 1/2 cup unsweetened apple juice
- 1 teaspoon apple-pie spice
- 2 cups hot cooked noodles, rinsed and drained
- 1/4 cup chopped walnuts
- 1 1/2 cups peeled and diced cooking apples
- 1/4 cup raisins
- 1. Heat oven to 350°F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
- 2. In a large saucepan, combine dry pudding mix, dry milk powder, water and apple juice. Cook over medium heat until mixture thickens and starts to boil,

stirring constantly using a wire whisk. Stir in apple-pie spice and noodles. Add walnuts, apples and raisins. Mix well to combine, using a sturdy spoon. Spread mixture into prepared baking dish.
3. Bake for 45-50 minutes. Place baking dish on a wire rack and let set for 5 minutes. Good warm or cold. Serves 6.
* Each serving equals: 188 calories, 4g fat, 6g protein, 32g carb., 123mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1/2 Fat.
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Senior News Line

by Matilda Charles

Hand sanitizers and the flu virus

With flu season just around the corner, there's a new wrinkle to staying healthy this winter. Our old standby, the antiseptic hand sanitizer, has been found to not work as well as we believed, especially with the influenza A strain. It's all in how we use it, according to a recent study.

First, choose a hand sanitizer that is at least 60% alcohol. Be sure to cover your whole hands, including nails. If you come in contact with wet mucus (from a sneeze or cough), it takes the sanitizer a full four minutes to kill the flu virus. (How many of us use sanitizer for four minutes? Not many.) Dry mucus (for example, on a shopping cart handle) takes less time.

Hand washing, however, takes only 30 seconds to kill the flu virus and is thought to be more effective than using sanitizer. Here are some ideas for flu season:
• Does your grocery store deliver to your home or the parking lot? This will reduce your exposure.
• Take some antiseptic wipes in a plastic baggie when you go out. Use them on the cart han-

dles in stores. Carry a small refillable bottle of hand sanitizer.
• Wash your hands thoroughly when you get home.
• Once a week (or more often) wrap hand wipes around door knobs at home and let them dry overnight.
The biggest step we can take is to get a flu shot. The Centers for Disease Control and Prevention suggests the high-dose

flu vaccine for seniors because it creates a stronger immune response, 24% higher than the standard vaccine. There's also an adjuvanted and a recombinant vaccine (not made with eggs). Ask your doctor which you should get. Remember that it takes a few weeks for the vaccine to take effect.
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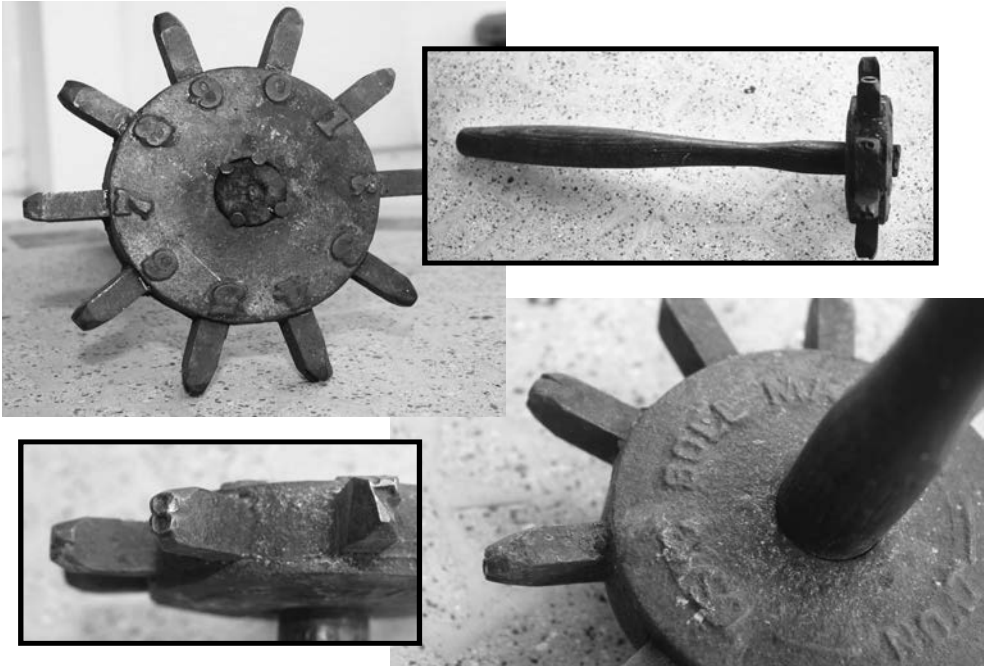
A community blessing and healing service will be held at the Salisbury Center United Methodist Church on Oct. 20 at 6:30 p.m.
"Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord." James 5:14
We will gather as a community of faith in the name of Christ – not as Methodists, Baptists, Presbyterians, Lutherans or any other denomination. We will gather as the Body of Christ, a community, a fellowship of people who come to seek unity with one another – people who are seeking wholeness and healing. There is an elevator for those with mobility challenges. Join us! If you have any questions, call 315.429.9085.



Whatchamacallits

Our whatchamacallit this week is a USMC (United Shoe Machinery Company) sole marker. It is stamped on the underside of the "wheel" USMC SOLE MARKER.
There are 10 spokes radiating from the center, each one marked with a single digit from 0 to 9, in order to stamp the shoe size on the leather.
According to the Beverly, MA, website (beverlyma.gov), United Shoe Machinery (USMC at that time) announced in 1902 it would be locating its proposed massive factory on 150 acres in that city. Construction began the following year, and upon completion, the complex held more than 10 acres of floor space in three buildings and had its own foundry and drop forge for the manufacture of machinery.
The company formed in 1899 when three separate companies – Goodyear Machinery Co., Consolidated Hand

Lasting Machine Co. and McKay Shoe Machinery Co. – merged to begin standardizing and automating the shoe making industry.
The factory in Beverly was state-of-the-art for its time and the company espoused a community mindset for its employees, who were encouraged to join the company Athletic Association for bowling leagues, basketball, tennis, golf, soccer and cricket.
The new factory, dubbed "The Shoe," employed 2,500 workers when it opened and during its peak production had more than 6,000 men and women on the payroll. Early on, USMC introduced a vocational training school for the local youth to ensure a continual stream of trained workers for the factory.
The company also became an important defense contractor for the federal government during World War I and World War II.



Do you have your own Whatchamacallit?
Send a photo and short description to csuo@leepub.com or call Colleen at 518-673-0145

Country Editor

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130 Bird Control
140 Books
155 Building Materials/Supplies
157 Building Repair
160 Buildings For Sale
161 Bulk Foods / Spices
165 Business Opportunities
170 Butchering Supplies
173 Carpentry
175 Cars, Trucks, Trailers
180 Catalogs
182 Catering
190 Chain Saws
195 Cheesemaking Supplies
205 Christmas
214 Clocks & Repair
215 Collectibles
216 Clothing
235 Computers
253 Consignment
265 Construction Equipment For Rent
275 Construction Machinery Wanted
277 Construction Services
280 Construction Supplies
312 Crafts
325 Custom Butchering
330 Custom Services
360 Deer-Butchering & Hides
370 Dogs
410 Electrical
415 Employment Wanted
440 Farm Machinery For Sale
445 Farm Machinery Wanted
447 Farm Market Items
460 Fencing
470 Financial Services
480 Fish
483 Flooring
494 For Lease
495 For Rent
500 For Sale
510 Fresh Produce, Nursery
525 Fruits & Berries
527 Furniture
529 Garage Sales
530 Garden Supplies
535 Generators
537 Gifts
575 Greenhouse Supplies
585 Guns
587 Hair Styling
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600 Health Care/Products
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Announcements

CHECK YOUR AD - ADVERTISERS should check their ads on the first week of insertion. Lee Newspapers shall not be liable for typographical, or errors in publication except to the extent of the cost of the first weeks insertion of the ad, and shall also not be liable for damages due to failure to publish an ad. Adjustment for errors is limited to the cost of that portion of the ad wherein the error occurred. **Report any errors to 800-836-2888 or 518-673-0111.**

★ ★ ★ ★ ★ ADVERTISERS

Get the best responses from your advertisements by including the age, condition, price and best calling hours. Also, we always recommend insertion for at least 2 issues for maximum benefits. **DEADLINE** for placing ads is **FRIDAY** at 2:00 PM- **Week Prior** to Each Friday Dated Paper. **Call Peg at 1-800-836-2888 or 518-673-0111**

BANNERS: VINYL - Single Sided - Double Sided, various sizes. Free shipping. **Call Lee Newspapers Inc.** at **518-673-0101** or email commercialprint@leepub.com



Antiques

ANTIQUES/FINE ART and unusual collectibles. 9200 State Route 365, Holland Patent. From Pete Rose autographs to Coca Cola ceiling fans. 315-794-9175.

Announcements

Antiques

WANTED TO BUY: 1975 AND OLDER...Early Disney stuff, X-LG Marbles, Brass Dog Licenses, One-Cent Cigar Boxes, Christmas Porch Molds, Morgan Dollars, 1950-60's Halloween Costumes, Police/Fire/Hunting Badges, Unusual Inkwells, Watch Fobs, Tin Lunch Boxes, Souvenir Pendants, 10 & 12 Cent Comics, Lladro figures, Old Beer & Soda Signs/Clocks/Thermometers, WW Helmets/Knives/Badges, Gurley Candles, Vintage Clothes/Fur Coats, Quilts, Advertising of all sorts. NO Barcodes/NO Made in China. **FREE** House Calls...CA\$H PAID...Let's Have some FUN! Showcase Antiques, Little Falls, 10-5pm, Dave or Deb, 315-823-1177.

Building Materials/Supplies

INSULATION: All Types. New/Existing Buildings. Free Estimates. Fully Insured. Call Upstate Spray Foam Insulation 315-822-5238. www.upstatesprayfoam.com



Scratch & Dent Appliances

Refrigerators\$85-\$599
Washers\$399-\$499
40 gal. LP water heater \$419
28-50 gal. electric...\$279-\$329
Shower/Tub unit.....\$298
52" Ceiling Fans\$59
Freezers\$519-\$769
Dehumidifiers\$175
Reject ISO Insulation
1/2" - 7"\$8.00 - \$35.00
Reject Plywood & OSB
7/16" - 3/4".....\$7.50 - \$15.00
Prehung Exterior Doors
Starting at \$190.00
Custom Sizes Available
Non Insulated Windows..\$39-\$65
Window & Door 12 oz. can
Foam Loc-tite\$1.25-\$3.99
1/2"x16" Trusscore type\$1.67 LF
36" PVC Agtuff Panel...\$1.25 LF
4'x8' Glassboard\$20-\$26
12'-16' #2 Metal\$12-\$22
2"-3 1/2" Deck Screws 25 lb..\$69
White Vinyl Lattice\$16

Adirondack Discount Sales

302 Bacon Brook Rd
Dolgeville, NY 13329
315-429-3184

Custom Services

BUSINESS CARDS: 1,000 for only \$60.00, full color glossy. Give us your existing card or we will design one for you! **FREE SHIPPING** included. Call Lee Newspapers Inc. at 518-673-0101 email commercialprint@leepub.com

Dogs

LOOKING FOR GOOD HOME, 7 year-old Border Collie, shots up-to-date, not good with cats. 315-985-0028.

LOOKING FOR MALE Miniature Schnauzer for stud service. Good health, all shots, good mannerisms. For more information call 315-894-1335.

Farm Supplies

For Rent

APARTMENT FOR RENT: 6 Duncel St., Dolgeville. 2-bedroom, near Big M. \$595+ security/utilities. Everyone welcome. 315-942-4824

VILLAGE OF FRANKFORT:

Two bedroom apartment, second floor, all electric, no pet policy, no smoking policy. full management/ample parking. Take a visual tour www.crossettrees.com contact 315-894-8557 email: louise@crossettrees.com for application



HERKIMER: 2 & 3 bedrooms apartments available, off-street parking, \$595-\$675 plus very reasonable utilities. First month plus security. 315-717-4470

Farm Supplies

Mohawk Valley Ag LLC

Dutchman Stoves LLC

Mohawk Valley Fabrics

95 Willet Street, Fort Plain, NY 13339

518-993-2543

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- White Pine Shavings • Poulin Grains
- Hay & Grain Preservatives • Bird Seeds
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- D-S Stoves • Blaschak Coal • Alaskan Stoves
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Free Delivery Every Friday in Local Area

**Poulin Grain • Timothy Hay
Wheat Straw • White Pine Shavings**

For Rent

2 BEDROOM, HARDWOOD FLOORS, washer/dryer, off-street parking, immediate occupancy, \$750 per month plus utilities, one month security required, apartment could be furnished, no pets, no smoking, call Grace at 315-868-8018.

HOUSE FOR RENT: 9 West Monroe Street, Little Falls, NY. Available Nov. 4th. Pets OK. Lease, ask for Rita. For details 917-940-3738. By appt only.

MOHAWK: Large one bedroom first floor apartment, utilities included, updated, w/own porch, \$650/month +security & references. No smoking inside or outside. No pets. 315-717-8729

For Rent

VILLAGE OF FRANKFORT:

APARTMENTS (2). Second floor- 2 bedrooms each. No pet policies- smoke free. Take a visual tour. www.crossettrees.com Applications available. Email: louise@crossettrees.com Call: 315-894-8557

For Sale

For sale: Avalon woodstove. 36x36 chopping block table. Cycle bar mower. Wood splitter. 315-866-2503

RETIRED TAXIDERMIST MOVING SALE: 20 deer heads, 3 half deers, bear-hill mount with bobcat; 4 coyotes. Amanda 22 cubic chest freezer, like new, cost \$1,000 sell \$450. Much much, more! All must go. 607-264-3618

For Sale

RAFFLE TICKETS - 500 - \$60, 1,000-\$75, 1,500 - \$90, 2,000-\$100. Other quantities available. **SELF-INKING STAMPS:** Great for raffle tickets. \$23.00+ tax. Shipping extra. Call Lee Newspapers Inc. 518-673-0101, 6113 State Hwy. 5, Palatine Bridge, NY 13428 or email commercialprint@leepub.com

2 CHINA CLOSETS, OLD MAPLE, good condition, \$125.00/\$75.00; Wood stove Vermont Castings, cast iron, \$275.00. 518-673-3736.

3 small kitchen tables, \$20/each; Ashley solid wood coffee table, deep drawer & storage lift top both ends, \$50; Dora TV w/remote, \$10; assortment of bikes: \$15 to \$20. Antiques: rolltop desk; miscellaneous chairs and more. 315-894-1335

Help Wanted

HERKIMER COUNTY: Looking for help in freestall or tiestall dairy with milking parlor, experience preferred, own transportation, part-time, full-time. Please call: 315-717-9366



LOOKING FOR FEW LABORERS to work in the hide warehouse. Hours are Monday thru Saturday. Please apply to Caruso Cattle at 205 Jackson Rd., Frankfort, NY Monday through Friday 9 to 2. Serious Inquiries only. Phone 315-733-3965

TOWN OF STRATFORD IS SEEKING INDIVIDUALS INTERESTED IN BECOMING BLACK FLY PESTICIDE TECHNICIANS, for information call 315-429-3657

Hogs

HOGS READY TO BUTCHER, 250LBS, \$1.50/lb live-weight. Canajoharie. 518-470-3933

Miscellaneous

OAK SINGLE BED, bookcase headboard, \$45; Rival 16 quart roaster oven buffet server, brand new, \$65; brand new in box Euro-Pro food processor w/blender, \$60; one solid piece formica counter-top, stainless steel sink included, green marble, details call, \$100. 315-894-1335

Country Editor

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Palatine Bridge, NY 13428
800-836-2888 • Fax: 518-673-2381
classified@leepub.com**

Miscellaneous

Corrugated Signs, Gift Certificates, Invitations, Labels, Magnets, Business Cards, Rack Cards, Banners, Postcards, Business Forms, Non-Carbon Reproduction Forms (NCR), Signs, Pull-Up Banner Stands, Feather Banner Stands, Door Hangers, Envelopes, Posters, Calendars, Self-Inking Stamps, Flyers/Brochures. *Call with your needs.* **Lee Newspapers Inc. 518-673-0101** or commercialprint@leepub.com

Professional Services

BOILING POT PHOTOGRAPHY 518-378-3279 Graduation Photos, Weddings, Baby and more. Find us on Facebook

Real Estate For Sale

CAVALLI STREET, Dolgeville, 6 bedroom modern house. \$79,000, owner financing to qualified buyers. 315-360-7156

COMMERCIAL PROPERTY FOR SALE ILION: Property surveyed. **Asking price \$165,000.00.** Take a visual tour www.crossettrees.com All Broker inquiries welcome. Email louise@crossettrees.com OR Crossett Real Estate Services 315-894-8557

VILLAGE OF FORT PLAIN: 16 acres, hay field w/2 barns, public water available. Great view, \$59,000 owner financing. 518-861-6541, 518-256-6344 helderbergrealty.com

Roofing

TOP NOTCH ROOFING: 25+Years experience. Exterior and Interior specials, roofing, siding, remodeling, kitchens & bath, painting, swirl ceilings. Free estimates. 315-867-9594

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- Stucco
- Waterproofing
- Plaster
- Pressure Washing
- Painting - Interior/Exterior

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315-868-1110**

FALL LEAF CLEANUPS, Small Appliance Removal. Washers, stoves, etc. Will do clean-outs if you provide dumpster. 315-982-9302 or 315-269-5884

Services Offered

Free Estimates

Insured

Edward Smith

Contractor/Handyman
Custom Woodworking



315-750-0903 Frankfort

Services Offered

DO YOU OR SOMEONE YOU LOVE NEED HELP AT HOME? Assist with shopping, cooking, cleaning, or personal care as needed. Experienced, references available. Call Janel, 315-868-9511.

13 OR 14-MONTH PHOTO WALL CALENDARS ONLY \$15.00!

- Bring in your USB, SD card, or photos for us to scan
- Email your photos to: commercialprint@leepub.com Call **518-673-0101**

Lee Newspapers Inc.
6113 State Highway 5,
Palatine Bridge, NY 13428

8x10 PHOTOS, only \$3.00, or get two 5x7's for \$3.00. Lee Newspapers Inc., 6113 State Hwy. 5, Palatine Bridge, NY 13428. 518-673-3237



Snowblowers

CUB CADET 2X-24" SNOW-BLOWER. Bought new. Used two seasons, excellent condition, like new, \$575.00. 518-568-2865 leave message.

Tires & Tire Repair Service

USED TIRE SALE: Huge Inventory, mounting & balancing FREE. No appointment necessary! Save money call Auto World, 534 North Perry Street, Johnstown 12095 518-762-7555


Wood For Sale

FIREWOOD: 1 year seasoned covered hardwood. \$60.00 face cord. You pick up. Herkimer 315-866-7187 after 5pm



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Area Church Services

| | | | | | |
|---|--|--|--|---|---|
| COLD BROOK COLD BROOK UNITED METHODIST CHURCH 467 Main St. Sunday Worship 10:30 AM | TEMPLE BETH JOSEPH 327 N. Prospect St. Phone 866-4270 Friday 7 PM | CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS (MORMONS) Branch President Blake Francisco Gros. Blvd., East Herkimer Phone 315-866-8095 Priesthood/Relief Society 12:10 PM Sunday School 11:20 AM Sacrament Meeting 10 AM Family History Center hours by appointment; please leave a message at 315-866-7189 | ANNUNCIATION CHURCH 109 West Street, Ilion, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 4:00 pm; Sunday 11:00 am; Monday & Wednesday 9:00 am | FIRST PRESBYTERIAN CHURCH Pastor Tamara Razzano 16 Jackson St. Phone: 315-823-3004 Email Iffirstpres@gmail.com www.presbylf.org Sunday Worship 10 AM Sunday School 10 AM | CHRISTIAN BIBLE CHURCH H. Ed Reed, Pastor/Teacher 167 Ward Rd. Phone 858-1282 www.christianbiblechurch.us Sunday School 9 AM Sunday Worship 10 AM Wednesday Bible Study & Prayer Meeting 7 PM |
| DOLGEVILLE NEW HOPE CHRISTIAN FELLOWSHIP Pastor Pat Andreoli 32 Spencer St. Sunday School 9:30 AM Sunday Worship 10:30 AM Tuesday Bible Study 7 PM | ST. FRANCIS de SALES CHURCH Rev. Mark Cunningham, Pastor 219 N. Bellinger St. Phone 866-4282 Saturday Vigil Mass 4 PM Sunday Mass 8 & 10:30 AM | HERKIMER REFORMED CHURCH 102 Church St. Phone 866-1523 Worship 9:30 AM Sunday School 11 AM Shepherd's Table: Tuesday 11-12:30 PM Thursday 11:30-12:30 PM Shepherd's Table Dinner: First & Third Tuesday 6 PM | LITTLE FALLS FIRST BAPTIST CHURCH 555 Albany St. 315-823-3392 Morning Worship 10:15 AM Rev. Chris J. Wintermute, Lead Pastor Rev William Whalen, Associate Pastor Nursery (infants through age 4) Meet and Greet Sunday at 8:30 am Sunday School Classes 9:00 am (nursery through adult) **Our Service is aired on 100.3 FM, 91.1 FM & 88.7 FM on Sundays from 11-12 with a 1 week delay. | INGHAMS MILLS BAPTIST CHURCH Rev. Gary L. Busch, Pastor Sunday Worship Service 10AM 443 Inghams Mills Rd. Little Falls, NY 13365 Pastor's Phone (315) 717-9936 | THE WORD CHRISTIAN CENTER Pastor Gene Kipper 27 E. Main St. Phone 868-1790 Sunday Services at 10 AM Intercession - Tuesdays at 7 PM Free Community Dinner the last Thursday of the Month at 6 PM |
| GRACE BAPTIST CHURCH OF DOLGEVILLE Paster Len Byarty 12 Van Buren St. Sunday School (All Ages) 10-11 AM Morning Worship 11-12:30 PM Lunch 12:30-2 PM Afternoon Worship 2-3 PM | CHURCH OF SAINTS ANTHONY and JOSEPH Rev. Quy Vo, Pastor 229 S. Main St. Phone 866-6373 Saturday Vigil Mass 4 PM Sunday Mass 10 AM | CHRIST EPISCOPAL CHURCH Rev. Jill Stelman 300 N. Main St. Church Office (315) 866-0551 Email: christchurchherkimer@gmail.com www.christchurchherkimer.org Sunday Services: 10:30 AM Bible Study: Fridays 7:00 PM (Parish Hall) Free Community Dinner: Next-to-last and Last Saturday of the month 5:00 PM (Parish Hall) Entrance to Parish Hall is on Mary Street | HOLY SPIRIT POLISH NATIONAL CATHOLIC CHURCH Father Rafael Dadello 615 E. Gansevoort St. Phone 823-0793 Sunday Mass 11 AM | MIDDLEVILLE MIDDLEVILLE UNITED METHODIST Pastor Wayne Getman 24 Rte. 29 Phone 845-8730 Sunday School 9:30 AM Worship Service 9:30 AM | NEWPORT FIRST BAPTIST CHURCH OF NEWPORT 7497 Main Street Pastor's Phone 315-790-1877 Sunday Worship at 9:45am |
| DOLGEVILLE UNITED METHODIST CHURCH Rev. Anthony Bradseth 21 N. Helmer Ave. Church Phone 429-7381 Sunday Church Service Oppenheim @ 9:30 AM Dolgeville @ 11 AM | REDEEMER CHURCH Pastor Michael Servello 931 Herkimer Rd. Utica, NY 13503 Phone 792-4748 Saturday 6 PM • Sunday 9 & 11 AM | SAINT AUGUSTINE'S EPISCOPAL CHURCH Bishop - Dan Herzog 78 2nd Street Phone: (315) 894-3775 Sunday School at 8:45 AM Adult Bible Study at 8:45 AM Holy Eucharist at 9:35 AM | ST. PAUL'S UNITARIAN UNIVERSALIST CHURCH Minister Jeffrey J. Frank Mark Bunce, Organist 565 Albany St. Phone 823-2284 Sunday Service & Religious Education 10 AM | MOHAWK GRACE EPISCOPAL CHURCH Rev. Sally Heiligman 7 E. Main St. Phone 315-866-4782 or 315-520-4723 Holy Eucharist 10 AM | UNITED METHODIST Pastor Wayne Getman • Phone 845-8730 Sunday School 11 AM Morning Service 11 AM |
| DOLGEVILLE CHRISTIAN FELLOWSHIP Pastor Marvin Isum 3 Elm St. Phone 429-8390 Sunday Worship 10:30 AM Mid-week Service Tuesday 7 PM | OAK RIDGE FREE METHODIST CHURCH Pastor Chris Schumske 838 W. German St. Worship Service for adults & children 8:30, 10:00 & 11:30 AM with iPraise for the children (K-5th grade) Phone 866-0575 | ILION ILION COMMUNITY CHURCH Pastor Dean Mabry 44 Central Plaza Sunday Worship 10am Child Care/Kids Church Available ilionchurch.com | HOLY FAMILY PARISH OF THE ROMAN CATHOLIC COMMUNITY OF LITTLE FALLS Deacon Jim Bower, Administrator Rev. T. Healy, Sacramental Minister 763 E. Main St. Phone 823-3410 Saturday Vigil Mass 4 PM Sunday Mass 10:30 AM | DENNISON CORNERS COMMUNITY CHURCH Pastor Donald King 219 Robinson Rd. • Phone 866-5215 Sunday: Sunday School 9:45 AM Morning Worship 11 AM Evening Worship 6 PM Wednesday Prayer 7 PM | KUYAHOORA COMMUNITY CHURCH Pastor Dwayne Durand West Canada Valley High School Auditorium 5447 St. Rt. 28 Mailing Address PO Box 50 Middleville, NY 13406 Phone 315-292-1303 www.kuyahorracc.org Weekly Service Sunday 10:08 AM |
| UNITED LUTHERAN PRESBYTERIAN PARISH 26 E. Faville Ave. Worship 11 AM | UKRAINIAN ORTHODOX CHURCH OF ST. MARY'S PROTECTRESS 326 Moore Ave. Sunday Divine Liturgy 10 AM Holy Day Liturgy 9 AM Phone 866-1336 | FIRST PRESBYTERIAN CHURCH 90 Morgan St., Ilion, NY, 13357 Reverend Richard Riggle Bible Study 9:30am Church Service 10:30am 315-894-2070 | EMMANUEL EPISCOPAL CHURCH 588-594 Albany St. Sunday Schedule: High Mass, Rite II 10 AM Nursery & Sunday School 9:45 AM (Sept.-May) Fellowship Coffee Hour 11:15 AM Choir Rehearsal 11:30 AM Holy Day Masses as announced Confessions by appointment | MOHAWK REFORMED CHURCH Rev. Brian Engel, Pastor 20 S. Otsego St. Phone 866-4292 Email mohawkpastor@verizon.net Follow us on Facebook Morning Worship: 10:30 AM Sept. - June • 9:30 AM July-Aug. Youth Sunday School (Pre-K - Sr. High) 9 AM Adult Sunday School (Men, Women & Couples) 9:30 AM September - June | ST. JOHN THE BAPTIST CATHOLIC CHURCH Rev. Quy Vo, Pastor St. John the Baptist Parish 7516 N. Main St. • Phone 845-8017 Monday & Wednesday 9 AM Saturday Vigil Mass 6 PM Sunday Mass 8 AM |
| EAST SCHUYLER CHRISTIAN ASSEMBLY OF SCHUYLER Pastor Mark Sowersby 3659 Route 5, East Schuyler Sunday Worship 10:30 am Wednesday Night 6:30 pm Phone 315-895-0926 Christianassemblyofschuyler.com | NEW LIFE CHURCH Pastor David Hayner 337 Protection Ave. Phone 866-1164 • www.nlc-mc.org Worship 10 AM Wednesday Worship 6:30 PM | TRINITY EVANGELICAL LUTHERAN CHURCH Rev. Ann Zimmerman, Pastor Corner of West German & Henry Streets Phone 866-6474 Sunday Services 8 AM Spoken Sunday Worship Service 10:30 AM with Music Bible Studies on Thursday Mornings at 10 AM | LITTLE FALLS FIRST ASSEMBLY OF GOD Senior Pastor Timothy Parisi 559 E. Jefferson St. Phone 823-4043 • firstaglf@gmail.com Sunday Morning All Worship 10 AM Thursdays Bible Study 6:30 PM | EMMANUEL BIBLE CHURCH Pastor Gary Wilcox 54 W. Main St. • Phone 717-3011 Sunday School 9:45 AM Morning Worship 11 AM Fellowship Lunch 12:30 PM Afternoon Bible Study 1:30 PM Wednesday Prayer & Bible Study 6 PM | PAINES HOLLOW PAINES HOLLOW UNITED METHODIST Lay Servant Gregg Sponburgh Rtes. 167 & 168 • 315-866-1128 Worship 9-10AM |
| FRANKFORT OUR LADY QUEEN OF APOSTLES 414 Frankfort St., Frankfort, NY Pastor: Father Paul Catena Deacon: Micheal Carbone Mass Schedule: Saturday 5:30 pm; Sunday 9:00 am; Tuesday & Thursday 9:00 am | THE SALVATION ARMY Lieutenants John and Lori Wood 429 N. Prospect St. Phone 866-1240 www.thesalvationarmy.org Sunday School 10 AM Morning Worship 11 AM | FIRST BAPTIST CHURCH 8 Second Street Reverend John Partise Wednesday Mid Week Service 7 PM Sunday Morning 11 AM | HOLY TRINITY LUTHERAN CHURCH 512 E. Gansevoort St. Sunday Worship 9:30 AM Sunday School 9:15 AM Wednesday Services 12:10 PM & 7 PM | CHURCH OF THE BLESSED SACRAMENT Sr. Mary Jo Tallman, CSJ, Parish Life Director Rev. Mark Cunningham, Sacramental Minister 71 E. Main St. Phone 866-1752 Saturday Vigil Mass 5:30 PM Sunday Mass 9:30 AM | SALISBURY CENTER FULL GOSPEL ASSEMBLY OF GOD Pastor Robert Brent 106 Plant Road Sunday Worship 11 AM with Children's Church offered during the service |
| HERKIMER SS PETER and PAUL ORTHODOX CHURCH Rev. Thaddeus Franta 305 Main Rd., East Herkimer Phone 866-3272 Wednesday Vespers 5PM Saturday Evening Vespers 5 PM Sunday Divine Liturgy 9:30 AM Holy Day Liturgy 9:30 AM | HERKIMER FIRST UNITED METHODIST CHURCH OF HERKIMER AND LITTLE FALLS Pastor Joelle Faulks Prospect St & Park Ave. Sunday Worship 8:30 & 10am Sunday School 10am during school year | ILION MORNING STAR UNITED METHODIST CHURCH 36 Second Street Reverend Bob Wallaber Sunday Worship 10 AM November 1 - May 1 4224 Acme Rd, Frankfort May 1 - November 1 36 Second Street, Ilion | | | |

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www.whitcombautosales.com



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The homeowner's guide to reading your roof – what's normal and what's not

(BPT) – Four out of five homes in the U.S. have asphalt shingles on their roof. And it's easy to see why. The wide variety of available colors and styles, combined with durability and affordability, has made asphalt shingles the leading choice for residential roofing in the country.

But, like all exterior building products, asphalt shingles start to age as soon as they are exposed to nature. Buildings experience aging factors differently, so it's difficult to predict how long shingles will last. With storm chasers and insurance adjusters claiming roof damage or defective shingles after major weather events, it's important for homeowners to arm themselves with information about what type of roof aging is normal, and most importantly, what type is not.

What is normal?

It's natural for a roof to age, and the process begins as soon as shingles are exposed to nature. The sun can raise rooftop temperatures as high as 50 - 70° above the ambient air temperature. Ultraviolet radiation from the sun and heat have been shown to accelerate roof aging, as have pollution, hail, snow, ice, falling tree limbs and people walking on a roof.

Here are a few common signs of aging shingles:

Curling is a common phenomenon in some shingles and is not considered a defect. It is natural for asphalt to age and shrink with time, which may result in a slight curling of the shingle edge.

Minor cracks may also appear on the shingles as they age, but industry experts say it is a normal weathering characteristic and not cause for alarm, as long as the cracks do not penetrate through the shingle and the roof is still performing the intended purpose of shedding water.

"Minor cracks may not be noticeable from the ground, but people often spot them while hanging their Christmas lights," said roofing industry expert Rick "The Roofer" Taylor, a longtime roofing contractor now working as a traveling trainer for shingle manufacturer TAMKO Building Products. "The intense heat from the sun can deplete some of the protective asphalt oils, and that can cause minor cracks."

Dark brown or black streaks down the roof are common in particularly moist or humid areas of the country, and are the result of algae growth on the shingles. While not particularly attractive, these stains should not affect the shingles' ability to shed water.

Some granule loss on the shingles is to be expected, especially if a roof has been recently repaired or replaced, since extra granules are a part of the shingle manufacturing process. Loose granules are usually noticed collecting in roof gutters after the shingles are installed. This type of granule shedding is common and not a cause for concern.

What is cause for concern?

While minor curling, surface cracking, closed blisters, algae

stains and some granule loss can all be signs of normal roof aging, some more serious roof wear and aging could be indicative of a potential problem, and should be examined and monitored.

These roof issues may need attention:

Blisters, or small circular raised areas, are often the direct result of under-ventilated attics or excessive use of plastic cement – both of which are installation errors. If the blisters are closed and are not affecting the shingles' performance, they are not a cause for concern. But if the blisters are open, exposing the asphalt, the roof is vulnerable to water penetration and requires immediate attention.

Buckling, a distortion of the shingles, can be a possible sign of inadequate roof ventilation, issues with the roof deck or other installation errors and may require attention.

Deep cracks that penetrate through the fiberglass mat should be investigated, as they may compromise the roof's ability to shed water and make it susceptible to leaks.

Excessive granule loss that exposes the shingles' asphalt layer is a reason for concern and requires immediate attention.

Armed with this basic information, homeowners should be able to distinguish between natural processes that are no cause for alarm and issues that do require attention and repair. Visit www.tamko.com for more information about roofing repair and replacement.



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The Kitchen Diva

by Angela Shelf Medearis

Fall is in the air

Fruits and vegetables are easier to come by in the summer months than in the fall and winter. But to stay healthy and ward off diseases, it's important to include fruits and vegetables in your diet year-round. Here are some of the superstar fruits and vegetables of the fall and winter months.

Apples: A traditional fall favorite, apples are easy to find in the supermarket, or you can pick your own at a nearby orchard. They're a quick, easy snack and can be paired with peanut butter or cheese for protein. Apples contain antioxidants – which may help protect against certain cancers and reduce levels of LDL, or bad cholesterol – and are high in vitamin C, vitamin K and fiber.

Broccoli: This is one vegetable that can be eaten raw or cooked, hot or cold, by itself or with other foods. It can help prevent cancer and heart disease and boost the immune system. Nutrients in broccoli include vitamins A, B-6, C and E, plus iron, calcium and magnesium.

Green Beans: High in vitamin K, which protects red blood cells and helps reduce the severity of asthma, osteoarthritis and rheumatoid arthritis, green beans also contain vitamin C, potassium, folate, iron and magnesium.

Pumpkin: A great source of beta-carotene, a powerful antioxidant that is good for the eyes. It also contains potassium. Canned or prepared fresh pumpkin can be made into a variety of soups, baked goods and desserts.

Spinach: Dark green veggies contain a variety of nutrients that a healthy body needs. Spinach is packed with vitamins A, K, C and E, iron, folate, magnesium, calcium, potassium and fiber. It also has antioxidants and anti-cancer agents. Frozen or fresh spinach can be added to just about any meal.

Sweet Potatoes: They are loaded with beta-carotene (which the body makes into vitamin A), vitamin C, potassium, fiber, iron and vitamin B-6. Sweet potatoes have more nutrients than regular white potatoes and can replace white potatoes in some recipes. Try them mashed, baked or as a dessert.

Try this wonderful recipe for Pecan Pork Chops with Pumpkin Apple Butter using these superstar fall fruits and vegetables.

Pecan Pork Chops with Pumpkin-Apple Butter

You can substitute canned sweet potatoes that have been drained and mashed instead of the pumpkin, if desired. Any remaining Pumpkin Apple Butter will keep in the refrigerator for up to two weeks, or you can freeze

KITCHEN DIVA 23



It's important to include fruits and vegetables in your diet year-round.

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SOMETHING FOR EVERYONE & EVERY BUDGET!

KITCHEN DIVA from 22

it in an airtight container for up to three months. It's also delicious on bread, pancakes or waffles. If you're pressed for time, a good quality, commercially made jar of apple butter mixed with 1/2 can of pumpkin puree also works well for this recipe.

4 (1/4-inch-thick) boneless pork chops

1 (14-ounce) can pumpkin puree

1/2 cup apple juice

1/4 cup water

1/2 cup packed light brown sugar, stevia or agave syrup

1/8 teaspoon ground nutmeg or cloves

1 teaspoon ground ginger

1 teaspoon ground cinnamon

1 tablespoon poultry seasoning

1 teaspoon salt

1 teaspoon freshly ground black pepper

1/4 teaspoon cayenne pepper

1/2 cup pecans

1/2 cup Panko whole-wheat bread-crumbs

1 egg, beaten with 3 tablespoons of water

1/4 cup oil for frying

1. Whisk together pumpkin puree, apple juice, water, brown sugar, stevia or agave syrup, nutmeg or cloves, ginger and cinnamon in a saucepan until smooth. Bring to a boil, then reduce heat to medium-low, and simmer until the mixture has reached the consistency of applesauce, about 10 minutes. Set aside.

2. Meanwhile, sprinkle the pork chops with 1/2 tablespoon of the poultry sea-

soning, 1/2 teaspoon each of the salt and pepper, and the cayenne pepper.

3. Pulse pecans, breadcrumbs and the remaining 1/2 tablespoon of the poultry seasoning and remaining 1/2 teaspoon of the salt and pepper in a food processor until the pecans are finely chopped. Pour into a shallow dish. Dip the pork chops in the egg, shake off excess. Press the pork chops into the pecan mixture to coat on both sides.

4. Heat oil in a skillet over medium-high heat. Add breaded pork chops and cook until golden brown on both sides and cooked through, about 3 to 4 minutes per side. Remove and drain on a paper towel-lined plate.

5. Place 2 tablespoons of the pumpkin apple butter on each plate. Place the pork chops on the pumpkin butter. Serve with a side of steamed spinach, green beans or broccoli. Serves 4.

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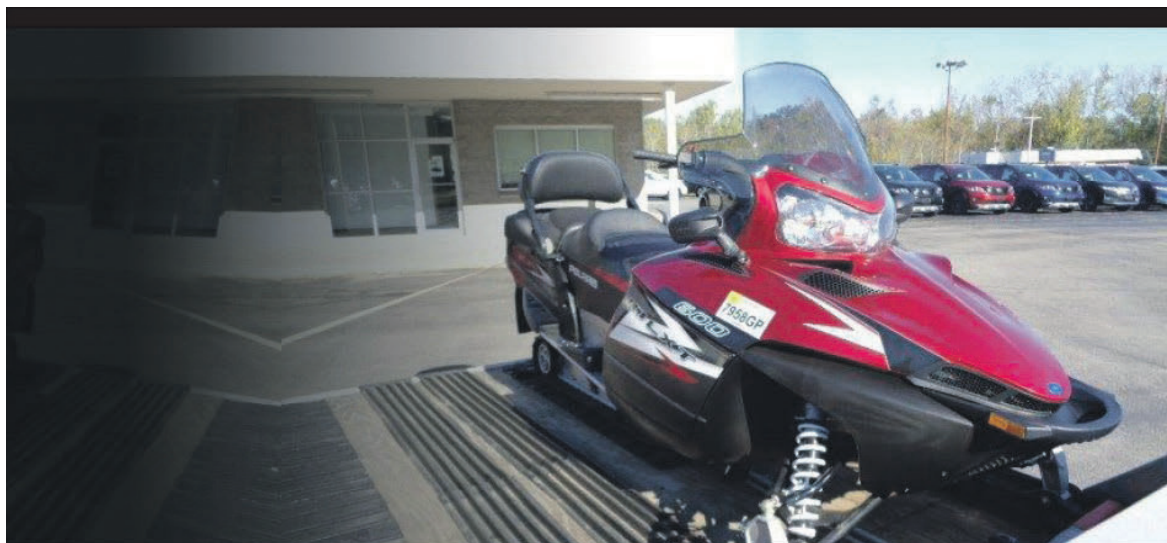
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